



## It's Sink or Swim Time - Everybody Get in the Pool for Scuba!

by Kim Byers, Ann Arbor VAMC

If you hear the sounds of Jimmy Buffett and find a certain Caribbean flavor in Snowmass, you must be somewhere near the Sliver Tree Hotel pool. A featured event at the Winter Sports Clinic for the past decade, scuba is back once again for any veteran willing to take the plunge. Spending a few minutes speaking with lead scuba instructor Darren Cook will convince even the faint-hearted to get into the pool and give scuba a try. "One veteran told me it was the first time he hadn't felt pain in 20 years," Cook said. "A couple of people on Monday said they hadn't moved their legs that much since they were injured."

After a few minutes of instruction on breathing and equipment, scuba participants head for the water. Some stay for a short time, while others remain in the pool for the full two-plus hours. According to the instructors, you don't need to be a great swimmer to try scuba – getting some momentum going is the most important thing. Every veteran at the Clinic is a potential candidate for scuba, and some participants can use a "dive buddy" for extra support.

Many veterans report a feeling of new independence, similar to skiing, as they leave their wheelchairs behind. Once he got out of the pool after trying scuba for the first time, one reluctant participant said, "I want to live down there!" Cook says, "It's great to hear comments like that."

Here are some comments from just a few of the scuba participants on Tuesday. **John Trautman**, 25, a first-time scuba diver from Fargo, ND, said, "I was in there for about an hour and a half, and it was great. I got to use what limited muscle movement I have and played with the rings down in the pool. There's a torpedo at the bottom, and we got to play with that. Hopefully, I'll get to come back on Thursday."

### Concert Tonight!

Country music entertainment star **Neal McCoy** and his band will perform live for you tonight at 9:00 pm in the Convention Center Ballroom. Regarded as one of the most charismatic entertainers in county music today, McCoy has twice been named TNN/Music City News' "Entertainer of the Year." He has sold more than five million records, including five number one hits. Bo Derek "recruited" Neal for the Clinic. They met while on the 2001 USO Holiday Tour.

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## TODAY'S SCHEDULE

- 6:30-8:30am BREAKFAST:** Conference Center
- 8-11:30am Downhill Skiing:** Staging Area  
Banzai, Free Fall, Sheer Bliss
- 8-4:00pm Horseback Riding & Fishing:**  
Sopris Therapy Services, Carbondale
- 8:30-3pm Cross Country Skiing, Snowshoeing:**  
Ashcroft Ski Touring Center
- 9-11:30am Scuba Diving:** Silver Tree Hotel Pool
- 9:30-11:30am Sledge Hockey:** Aspen Ice Rink
- 10-12 noon Rock Climbing:** Conference Center Circle  
**Handcycling:** Conference Center
- 11:00-1:00pm LUNCH:** Conference Center Ballroom
- 11:30-4pm Shooting Sports:** Basalt Trap Club
- 12:30pm Downhill Skiing:** Staging Area  
Gray Wolf, Naked Lady, Sunnyside
- 1-3:00pm Rock Climbing:** Conference Center Circle  
**Handcycling:** Conference Center
- 1-3:30pm Trip to Aspen:** Silver Tree
- 2-4:00pm Scuba Diving:** Silver Tree Hotel Pool
- 4-5:15pm DINNER:** Conference Center Ballroom
- 7:30-9:00pm Wheelchair Self Defense:** Caberet Room  
Silver Tree Hotel
- 9:00pm Neal McCoy Concert:** Convention Center

### CEU Educational Workshops

**10-11:30am**

**Developing a Handcycling Program  
for Yourself and/or Your Agency**

David Tostenrude, MPA, CTRS  
Carrie Booker, CTRS

**2-3:00pm**

**Fighting Spirit! How to Live Your  
Life With Grace and Courage  
No Matter What You Are  
Dealing With**

Francine Berger, MA, CSP

**5:30-7:00pm**

**Aquatic Therapy (Part 1):  
Principles and Practice**

Ellen Broach, Ed.D, CTRS

**7:00-8:30pm**

**Leisure Education Games -  
The Right One For You!**

Maryann Loeffler, CTRS

### Living With MS

If you are interested in  
meeting others with MS,  
please come to:

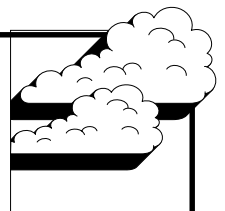
Max Park Room

Wildwood Lodge

5:15 – 6:15 pm

this evening

**WEATHER  
CORNER**



Cloudy with Showers

UV Index 7 - High

40% Chance of Rain

**Today's High: 60**

**Tonight's Low: 32**



# HealthWatch

## Tips for Today

**Looking for a quick warm-up?** Don't get it from alcohol! Although the image of a St. Bernard with a keg of brandy is provoking, don't do it! Alcohol causes blood to go to the surface of the skin, which does give a sensation of being warm for a short time. Unfortunately, this also causes the body temperature to drop faster than normal, and the net effect is overall cooling of the body. Better stick with the hot chocolate on this one.

**Not feeling so hot?** The fatigue, headache and difficulty sleeping you are experiencing may be due to something other than the excitement of the Clinic. At an elevation of more than 7,900 feet the body can have a difficult adjustment period, causing high altitude sickness. Symptoms tend to be worse in people coming from lower elevations. Rest, drinking lots of fluids, and refraining from alcohol can help you get over this problem. For severe symptoms, go to the medical room.

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**Medical Emergencies:** Call 911 for an ambulance for transport to the local emergency room

**Non-Emergent Care:**

**7:30 am-9:30 pm:**

Send individual to Bedford Medical Room  
or call the medical room for instructions:  
cell 291-9501 or 923-2000 ext. 380

**After hours:**

First, try the doctor-on-call, at 291-9501

If no answer, call the Mountain Chalet desk: 923-3900  
They will have on-call night information

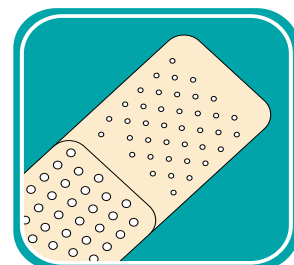
## **Safety First at Work**

The medical staff reports that, while they have treated several of you for traumatic injuries, the number is relatively very low given the lack of snow and the condition of the trails. Credit goes to all of you who are exercising due vigilance on the slopes, with special distinction going to the instructors for their outstanding efforts in keeping all of you out of harm's way. The medical staff lauds you for providing them lots of down time and encourage you to keep it up!

## **Med Note:**

For transport from the hotel down to the medical room, look for the van with the hearts on the side.

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## - “Scuba” continued -

**Gregory Sansom**, a return diver from Midlothian, Va., says of scuba, “I love it. I’m paralyzed on my left side, but underwater that doesn’t matter. It’s not like you’re carrying that dead weight – it’s floating around with you. I would highly recommend this for anyone who has the opportunity.”

**Daniel Fout**, from Circleville, Ohio, is now a certified scuba diver. He describes the opportunity to scuba dive in the pool as “nice for someone who doesn’t have access to the outdoor area. This is very good for someone who has never done it before. The water is the only place where I really feel comfortable – it’s the freedom. I have a high level paralysis and sometimes I feel restrained, but in the water I can go where I want. It’s just a joy.”

Fout quotes something that was said at the opening ceremonies here Sunday night. “A person said if you broaden your horizons, you could surprise yourself with what you can do.”

Scuba takes place through Thursday. Participants can sign up at the Alternate Activities area in the Conference Center. For a good time, go see the gang at scuba!



## Eats

### Menu for Today

**Lunch (11:00 a.m. - 1:00 p.m.):** Fried Chicken; Beef Brisket with BBQ sauce; Mixed Green Salad; Potato Chips; Baked Beans; and Brownies.

**Dinner (4:00 p.m. - 5:30 p.m.):** Caesar Salad; Roasted Pork Loin; Baked Veggie Fettuccini and Tetrazzini; Boiled Parsley Potatoes; and Fresh Seasonal Vegetables.

**Breakfast for tomorrow (6:30 a.m. - 8:30 a.m.):** Sliced Fresh Fruit; Oatmeal with Raisins; Scrambled Eggs; Bacon and Sausage; Redskin Potatoes; and Chilled Juices.

## Zodi-Yak Yak

**Aries:** Reveal your identity if your reputation carries clout; if it doesn’t, get outta town!

**Taurus:** Oh, you bull you! You’ve been acting strange lately. What **was** in those margaritas?

**Gemini:** What you’ve been looking for is right under your nose. Reach up and grab it - assuming it’s not yours!

**Cancer:** Don’t be so crabby -- you may have to take a dive. Grab that life raft. It could be a heck of a ride!

**Leo:** Oh, Lion, we hear you roar! But take nothing for granted. Go slow, or you’ll go from a King to a pussy cat!

**Virgo:** Things are looking up for you, Virgo. Don’t snooze (or you’ll lose)!

**Libra:** How unbalanced can you be? Stay steady while the music rocks and you get your groove.

**Scorpio:** Pull in that stinger. Beware petty jealousy, or you may end up at odds with yourself. Is that possible?

**Sagittarius:** You’re back in your element, Saggie, but beware -- look out for the blonde in the black slacks.

**Capricorn:** A mystery become crystal clear. For every day, there is a reason. You’ll find yours today.

**Aquarius:** This evening, you will think that things can’t possibly go on without you -- or can they?

**Pisces:** Things seem a little fishy, but it’s only a façade. Be confident and happy.